

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 19234, Puddings, tapioca, ready-to-eat, fat free

Report Date:October 08, 2015 07:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	76.25	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Energy	kcal	94	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Energy	kJ	394	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Protein ¹	g	1.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Total lipid (fat) ¹	g	0.35	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Ash ¹	g	0.64	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Carbohydrate, by difference	g	21.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Fiber, total dietary ¹	g	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Sugars, total ¹	g	14.18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca 1	mg	52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Iron, Fe 1	mg	0.11	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Magnesium, Mg 1	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Phosphorus, P 1	mg	66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Potassium, K 1	mg	70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Sodium, Na 1	mg	187	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Zinc, Zn 1	mg	0.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Copper, Cu 1	mg	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Manganese, Mn 1	mg	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Selenium, Se 1	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Thiamin ¹	mg	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Riboflavin ¹	mg	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Niacin ¹	mg	0.101	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Pantothenic acid ¹	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin B-6 ¹	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Folate, total	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Folate, food	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	6.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12 ¹	µg	0.31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Carotene, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Cryptoxanthin, beta ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E (alpha-tocopherol) ¹	mg	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Tocopherol, gamma ¹	mg	0.01	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Lipids													
Fatty acids, total saturated	g	0.122	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
4:0	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
6:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
8:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
10:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
12:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
14:0 ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
15:0 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0 1	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
17:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
18:0 1	g	0.105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
20:0 1	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
22:0 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
14:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
15:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
16:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
17:1 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated ¹	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
20:1 ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Fatty acids, total polyunsaturated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
18:2 undifferentiated ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
18:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
18:3 n-3 c,c,c (ALA) ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
18:3 n-6 c,c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
20:2 n-6 c,c ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
20:3 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated ¹	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Cholesterol	mg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD